

Natrona County Extension News



March, April, May Volume 14 Issue 2

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Upcoming Events (see inside for details)

March

25, 27, 28: Cent\$ible Nutrition classes begin

29: Annual Spring Garden Conference

April

30: ServSafe classes begin

May

17: Master Gardener Plant Sale

13: Real Food classes begin

Visit our County Extension website page at

<http://www.uwyo.edu/ces/county/natrona/>

Come by our office and see what we have to offer!
Open M-F, 8:00 a.m.-4:30 p.m.



Our office will be closed on the following dates:

Memorial Day
Monday, May 26

Winter Market:

- April 5 and May 31
- 9:00 a.m.—noon
- Casper Room at the Extension Office
- Soap, fudge, spices, meats, bean mixes, hand-crafted items, and more

Come by and see what we have!



March 20: first day of Spring!

We're on Facebook!

Check us out at
Natrona County Extension



4-H CALENDAR OF EVENTS

April 12	4-H Expo Day
April 28	4-H Youth Council & Leaders Council Mtg.
May 3	Swine Eartagging
May 4	Sheep & Goat Eartagging
May 10	4-H Expo Day
May 31 & June 1	4-H Dog Show
June 3	Foods Fair & Beef Cook-Off Contests
June 4	Presentation Contest
June 5	Early Bird Fair Entry Deadline
June 9	Poultry Mock Show
June 12	Final Fair Deadline
June 23	4-H Youth Council & Leaders Council Mtg.
June 26-27	Showcase Showdown @ Laramie
June 30	Judge FCS Exhibits & Public Fashion Revue
July 2	Judge General Exhibits
July 6-12	Central Wyoming Fair
July 26-27	4-H Horse Show
August 10-16	Wyoming State Fair



Champion 4-H Junior Showman



Champion 4-H Intermediate Showman

Clover Connection

Head—Think about how your actions affect others

Heart—Even though you may not like someone you should still be respectful

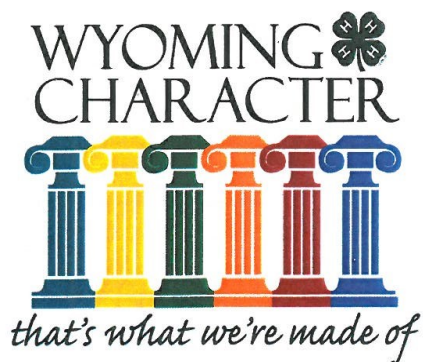
Hands—A handshake is a great way to show respect when meeting new-comers

Health—Decreasing angry reactions and increasing respectful reactions is good for your health! It can lower your blood pressure!



Champion 4-H Senior Showman





Character Counts RESPONSIBILITY

What does it mean to be Responsible?

Taking responsibility is a way to show that we are people of character. Being responsible means that we do our part, we control our thoughts and actions, and we strive to do our best. We accept responsibility for our actions and our decisions. You are responsible when you:

- Think before you act or talk.
- Are accountable for your actions.
- Are reliable.
- Set a good example for others.
- Fix your mistakes and clean up your own messes.

Becoming responsible is part of growing up and becoming a person of character. But to have good character, you have to do more than just say you are responsible. You have to take action! Responsible people take care of themselves as well as others and can always be depended on to do the right thing, even when the right thing is the hard thing to do.

Adapted from Character Counts! by the Josephson Institute.

"You cannot escape the responsibility of tomorrow by evading it today."

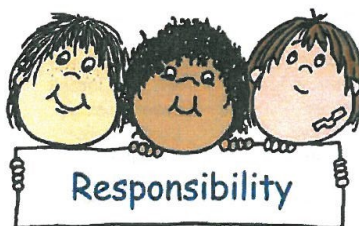
Abraham Lincoln



Responsibility in 4-H

4-H members can model responsible behavior by:

- Arriving on time for 4-H meetings.
- Following the behavior guidelines established for club meetings.
- Having talks or demonstrations prepared and practiced when it is their turn to be on the club program.
- Taking turns at providing refreshments, recreation, providing transportation, or calling other members of the group.
- Reading the county and club newsletter and observing deadlines for events and activities.



Clover Connection

Head - Think before you act

Heart - Set a good example for others

Hands - Do what you say you will

Health - Show that you care about yourself and others by making responsible choices.

Like this activity? Find more like it in the "Good Ideas Book" at your local Extension Office



Cent\$ible Nutrition Program

Helping Families Eat Better for Less



Saving Time & Money with Planned-Overs

"Leftovers" tend to get a bad reputation. Sometimes they get forgotten in the back of the refrigerator and later thrown out. Instead of letting extra food go to waste, create "planned-overs".

Planned-over foods involve planning ahead to make foods that give you enough servings for more than one meal. With "planned-overs" you cook once, but eat twice. This saves time and money by buying larger quantities of food on sale and minimizing trips to the store.

Planning menus is the first step in using "planned-overs." Search your pantry, freezer and refrigerator and use those ingredients if possible. Place labels and dates on foods you will need for the meals you plan.

An example of "planned-overs" is to make spaghetti for a meal, then use the extra pasta and ground beef for another recipe the next day. Or you may use berries for a smoothie and then the next day prepare muffins.

Making "planned-overs" a part of meal planning can help your family to eat well, save food and money, simplify the cooking process, and enjoy sitting down as a family at the table.

(Article adapted from Dec/Jan 2014 Cent\$ible Nutrition newsletter)

Grazin' with Marty Moose

Nutrition Curriculum for 3rd grade students



Overall Goals

Students will be healthier as a result of:

- Making better food choices
- Drinking water each day
- Being physically active
- Improving food preparation & food safety skills
- Being accepting of self and others

"Thank you for helping us learn about healthy things. My mom is going to buy all the ingredients so I can make all the snacks. My brother cannot wait to have one of your good snacks. Thank you for all the things you taught us. I learned so much from you."

— 3rd Grade, Marty Moose Participant

**Check out our county
Cent\$ible Nutrition website:
www.uwyo.edu/centsible/natrona**

**and the state Cent\$ible Nutrition website:
www.uwyo.edu/centsible**



Cent\$ible Nutrition Program

Helping Families Eat Better for Less

Save Money

Get a COOKBOOK & kitchen gadgets

Prepare Low-cost meals

Save TIME

Learn Menu Planning

Have fun cooking!

Feed yourself & your family healthier

Spend LESS time in the grocery store

Are you tired of your grocery bill going up? Would you like to eat healthier for less money? Cook more meals from scratch? Then the *Cent\$ible Nutrition Program* is for you! We will teach you all that and much more. This is a fun hands-on program that you don't want to miss! **

Upcoming classes:

Tuesday afternoons from 1:00–2:30 p.m., March 25 through May 6, 2014

Tuesday evenings from 5:30–7:00 p.m., March 25 through May 6, 2014

Thursday evenings from 5:30–7:00 p.m., March 27 through May 8, 2014

Friday afternoons from 1:00–2:30 p.m., March 28 through May 9, 2014

You just need to pick the day of the week and the time that work best for you. Classes meet once a week for 7 weeks. If you're interested in signing up or if you need more information, please give us a call at 235-9400 or email us at kcase@natronacounty-wy.gov.

About half the class time is spent in the kitchen, preparing recipes from the *Cent\$ible Nutrition Cookbook*. All supplies are provided. Classes are held at the Extension office, 2011 Fairgrounds Road.

Each class comes with a reinforcement item, including a cookbook, measuring cups and spoons, cutting board, sanitizer bottle, refrigerator thermometer, and much more.

We look forward to hearing from you. Tell a friend!

****Free for those who qualify: to be eligible, income must be less than \$21,257/year for a household of 1, less than \$27,994/year for a household of 2, less than \$36,132 for a household of 3 and less than**

Community Development Education

IS YOUR FAMILY OWNED BUSINESS READY FOR THE NEXT GENERATION?

BY HANNAH SWANBOM, UNIVERSITY OF WYOMING COMMUNITY DEVELOPMENT EDUCATOR

Congratulations! You have managed to build your business from scratch and are now looking forward to retiring and plan to leave the business to be run by a successor. As you begin to think of all the things you are going to do during retirement, an important question should be asked- have you done everything necessary to prepare the business for your retirement? If you have not created a succession plan, you are putting not only the business success in jeopardy but potentially putting the health of your community at risk. According to the literature, business succession planning is an important financial tool for the successful continuation of family-owned and operated businesses as well as the health of rural communities (Smith, 2010). Rural communities in particular are more likely to be affected by businesses closing than urban towns that have a higher volume of businesses located in town and in the surrounding area.

If you have not created a succession plan for your business yet, you are not alone. According to a survey conducted in 2006, 25 percent of the family business stakeholders who are entering their senior years have not completed or taken the necessary steps that are involved in developing a succession plan (Rojeck, 2006). Succession planning, when done effectively and thoroughly, helps to eliminate the loss of expertise and knowledge within the business, as well as keeping jobs in the community by keeping the business open, and saving time and effort of recruiting new employees.

Furthermore, succession planning helps to maintain client relationships and saves time while helping the business remain financially stable.

(continued on next page)



So where do you start?

There are many important factors to consider when preparing a business to take on new management. The most important step in the planning process is to start early; it is never too early to start thinking about what needs to be done to the business to ensure its continuation after your departure. In addition, to making the necessary business arrangements to guarantee the longevity of the business, it is vital that a successor is groomed and prepared to take over the business prior to your departure. In order to prepare your successor, whether it is a family member or an employee, it is essential to include them in the various business (financial, legal, and employee) decisions that are made. While developing your plan, it is also important that you communicate your expectations for them, as well as those of the business.

Furthermore, when developing your succession plan, it is imperative to establish clear goals and objectives for the business. When developing these goals and objectives, be sure to include your successor, so they too are on board and can contribute their goals and objectives. Once goals and objectives have been illuminated for the business, you, the creator of the business, should identify how much involvement you want to maintain within the business upon retirement (Rojeck, 2006). Not only will this help eliminate confusion or anxiety amongst your successor and yourself, it will set boundaries and expectations to follow during the transitional period and in the future. This allows the business to run smoothly and embrace the new change in management.

Clear communication is a vital component in creating a smooth transition from one owner to another. In addition, to communicating with your successor and employees, it is also important to communicate with stakeholders about their roles during the transition. Literature indicates that, by keeping constituents aware of the changes taking place within the business, not only will they will feel supportive about your decision to retire, they will also remain confident in the business and new management.

Remember, if you are planning to retire and leave the business to be operated by a successor, start planning and preparing the business for changes early on. Through early planning efforts and the creation of a succession plan, you, as the creator of the business, can enjoy retirement knowing that you prepared your business and successor for future success.

References

- Rojeck, R. (2006, March 8). *Smart succession-planning*. Retrieved from <http://www.entrepreneur.com/article/83806>
- Smith, S. (2010). *Succession planning for family-owned businesses is critical for rural america*. Retrieved from <http://www.rurdev.usda.gov/rbs/pub/jul10/legal.htm>

Master Garden Up Coming Events

- **The Natrona County Master Gardeners would like to invite all gardeners to the annual Spring Garden Conference on March 29 the Agricultural Resource & Learning Center. The focus is on trees, shrubs, and fruits. Scott Skogerboe has been the head propagator at Ft Collins Wholesale Nursery for the last 19 year. He has some fascinating stories about the Cheyenne experimental station and special fruit trees. Steve Miller will be speaking about apple trees. There are many more speakers to learn from at this conference.**
- **Master Gardener Plant Sale—at the Agricultural and Learning Center, 2011 Fairgrounds Road.
May 17, 2014 8:00 am—noon**

Vegetables and herbs grown by the Master Gardeners and a variety of house plants and outdoor plants donated by the community.

CORK BIRDHOUSE

Ramona Ray

MATERIALS

- Birdhouse
- About 50-60 corks
- Band saw or serrated knife
- Outdoor-grade glue
- Dremel tool



Step 1. Buy or build your own birdhouse. Use one with a 1 1/8-inch entrance hole, because it's a pretty standard opening for most songbirds. It is nice to find one with an overhang to protect the entrance a bit from the elements.

Step 2. Cut the corks in half lengthwise with a table band saw or a sharp serrated knife, which will give you a nice, flat gluing surface. If you want to skip cutting the corks, you can use whole ones. You'll just need more corks and a little more glue per piece.

Step 3. Glue the corks on in any pattern you like, trimming with a serrated knife as needed. Either wood or silicone glue will work.

Step 4. Use a Dremel tool to round the corks around the entrance hole. If you don't have a Dremel, a serrated knife will work.

Step 5. For the roof, glue the cork halves directly on top. If you are patient enough, use a serrated knife to slice the corks into disks for a pretty shingled effect.

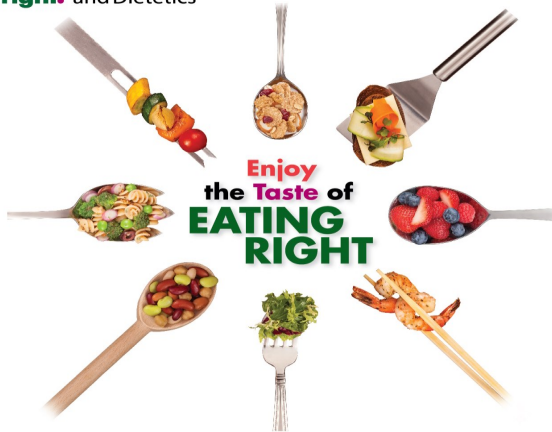
Directions for this birdhouse came from the Birds and Blooms Magazine

Birds love using these houses as a roosting place during the cold months of Winter and Spring. These bird houses are completely functional, with a wood frame and real cork siding and shingles. These houses last longer outside if kept out of direct sunlight and birds prefer nesting in the shade. The perch is intentionally omitted to prevent access into the house by larger, predator birds. All of the cork houses

are made with weather-grade adhesive for indoor or outdoor use. The bottom is removable for easy cleaning and there is a "chimney-like" tab at the back for hanging. The approximate measurements of this birdhouse: 6 1/2" L x 4 1/2" W x 10"H. The entrance hole is 1 1/8", a standard size to accommodate most song birds. What a neat idea for making a birdhouse.

National Nutrition Month® 2014

eat right. Academy of Nutrition
and Dietetics



**Eating Right
Never Tasted
so Good!**

Check out our healthy recipes
sure to please your taste buds
at www.eatright.org/nnm.



***ServSafe* Program Food Service Managers Certification Course**

of the

National Restaurant Association

THE EDUCATION FOUNDATION

April 30 & May 1, 2014

8 a.m. - 4 p.m. each day

Evansville Room

University of Wyoming Extension

2011 Fairgrounds Road, Casper

Call today to register!

REAL FOOD

A 5-week workshop that will teach you how to:

- Reduce or even eliminate processed foods and sugar
- Plan meals, shop and cook using only whole, natural ingredients
- Read labels and decipher ingredient lists
...and much more!

Tuesday evenings, 5:30-7:30

May 13—June 10, 2014

UW Extension Office, 2011
Fairgrounds Rd.

Cost: \$35 for 5-week series

Call today to register! 235-9400



CONNECTING INFORMATION WITH YOUR LANDSCAPE



The first step towards satisfaction with your rural lifestyle whether you are an agricultural producer or simply have a home in the country is to align your landscape with your needs.

A huge part of this effort is on-going access to research-based information specifically targeting your issues, problems and dreams. UW Extension can help with the effort to get the most out of your landscape efforts.

Whether your need for information is weed management, drifting snow, horses or selecting the best new variety of vaccine or alfalfa seed – UW Extension in Natrona County will help you work on your issues.

Scott Cotton, Ag & Rural Living Area Educator for the Natrona, Converse, and Niobrara Counties Area is scheduling informal sessions to hold discussion on which issues local land managers need to address. These discussions will help UW Extension accurately target what information and research is needed to help landowners. Providing this educational focus will combine with the efforts that UW Horticulture Educator, Donna Cuin provides to the region.

The initial Ag Brown Bag Lunch will be March 13 at 11:30a-1:30p in the Oregon Trail Room of the UW Extension Ag Learning Center (come in the south door for convenience) – Scott will provide coffee and water – bring your own lunch if you'd like and we will discuss agriculture issues.

The initial Casual Country Coffee will be March 19th at 5-7pm in the Oregon Trail Room of the UW Extension Ag Learning Center. Once again the coffee will be provided by Scott and the south door is the convenient entry.

The Agriculture and Rural Living Extension Program in the Natrona/Converse/Niobrara counties area is formatted to help landowners maximize the effectiveness of landscape, crop and live-stock management. Programs will be focused on the needs of agricultural producers of livestock and crops as well as providing specific materials for landowners who are entry-level or do not focus on producing an agricultural product. Subjects will include livestock production, crop production, site planning, pasture and grazing management, weed management, water management, wildlife habitat and damage control, land use guidelines and other subject.



of Natrona County
2011 Fairgrounds Rd.
Casper, WY 82601

Questions? Let us know!
kcase@natronacounty-
wy.gov
(307) 235-9400

Check out our website:
<http://www.uwyo.edu/ces/county/natrona/>

Natrona County Staff—Who We Are

Sue Anderson - 4-H Administrative Assistant

Rose Jones - 4-H Assistant

Nancy McCrary - Administrative Assistant

Priscilla Williams - Administrative Assistant

Karla Case - Cent\$ible Nutrition Coordinator Sr.,
Nutrition & Food Safety Educator, County Coordinator

Betty Greear - Cent\$ible Nutrition Program Coordinator

Krista Brown - Cent\$ible Nutrition Program Associate

Michelle Hans - Cent\$ible Nutrition Program Assistant

Donna Cuin - Extension Educator for Horticulture

Hannah Swanbom - Community Development Area Educator

Scott Cotton - Agriculture & Rural Living Area Educator



Issued in furtherance of extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Glen Whipple, Director, University of Wyoming Extension, University of Wyoming, Laramie, Wyoming 82071.

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